



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Thiesmann, Uwe

□□□: 2:52:00

□□: LTV Lippstadt Triathlon

□□: 371

□□: 55.40 km

□□□□□/□□□: 45 (of 86)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 42 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 4(of 10)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	34:44	24:48	9	13:39	61	13:57	1.40	34:44	24:48	4	13:39	12	7:40
Wechsel S -> R	-	2:53	-	6	0:40	44	1:33	1.40	37:37	26:52	4	14:19	12	8:15
Schwimmen □□□	1.40	37:37	26:52	4	14:19	12	8:15	1.40	37:37	26:52	4	14:19	12	8:15
Rad netto	44.00	1:24:04	1:54	2	2:50	29	12:03	45.40	2:01:41	2:40	4	17:09	11	2:07
Wechsel R -> L	-	1:42	-	5	0:23	39	0:51	45.40	2:03:23	2:43	4	17:12	7	
Rad □□□	44.00	1:25:46	1:56	2	2:53	28	12:15	45.40	2:03:23	2:43	4	17:12	7	
Lauf	10.00	48:37	4:51	3	4:59	39	11:24	55.40	2:52:00	3:06	4	22:11	42	36:15